

# WYCHAVON

## Community Development



December 2017

---

### The W Factor



It is time for the return of the much awaited W Factor, where we are on the hunt for talented 11-18 year olds to show their voices, dance routines, drama pieces, music or comedy acts at our final show at Number 8 Arts Community Centre in Pershore. Auditions begin early next year, with some of the Community Development team touring the local schools looking for talented individuals. Those that are successful will where will be invited to perform at the final show on Monday 5th March.

Application forms are now online [click here](#) to download one and to look at the audition dates.

---

### Community Recognition Awards

Wychavon is a great place to live and work and one of our best assets is our residents. There are a huge number of individuals and groups working voluntarily week after week, helping to run clubs and projects which make a real difference to our communities. The Community Recognition awards are a time to acknowledge those people who deserve recognition for all they do for those in Wychavon. The awards will be held in March and application forms are now available online.



Application forms are now online [click here to](#) download one.

---

## Ageing Well Event



For the second year running, Community Development ran their Ageing Well event in both Droitwich followed by Evesham. The event is aimed at those 55 and over, and many organisations attend to both give advice and to run activities. This year the organisations offered things from energy advice, drumming sessions, free health checks and much, much more. Despite being slightly lower in attendees than the previous year, we received lots of positive feedback from those who did attend, with many feeling like they had something to take away from the event, which could consequently improve their health and wellbeing – which is exactly the aim of these types of events.

For more information on our Ageing Well Event please contact: Tracy Grubb on [Tracy.Grubb@wychavon.gov.uk](mailto:Tracy.Grubb@wychavon.gov.uk) or 01385 565168

---

## Community litter pick at Westlands

In September, some of the Community Development team headed down to Westlands in Droitwich as part of the Wychavon volunteering scheme. This consisted of a day of painting bollards and litter picking. It was a successful day with both the Community Development team and



Fortis Living collecting over 30 bags of litter, as well as trolleys, needles and much more being taken off the estate, making it a much more pleasant place to live for the surrounding community.

---

## Wellbeing week



Monday 9th October marked the beginning of Wychavon Wellbeing week where many activities were open for both the public and those working within Wychavon. On the Tuesday, The Community Development Team ran an Obstacle Timed Lap session. It allowed Wychavon workers to test out their reactions and hand-eye coordination on our fun, interactive and highly competitive Reaction Wall, swing into action on our indoor mini pitch and putt golf course, have a go at limbo and finally our target throw game. Those who took part not only had a fun few hours but also walked away with a mini-prize!

---

## Visualize

Visualize is a visual arts competition which gives anyone aged 11-18 years in Wychavon a chance to showcase their art in Number 8 Arts Centre Pershore. The theme for this years competition is 'Express Your SELF', and we welcome entries in paintings, drawings, photography, mixed media and street art. All applications must be submitted by Monday 11 December 2017 by 5pm.

For more information please contact: Jenny Davis on [jenny.davis@wychavon.gov.uk](mailto:jenny.davis@wychavon.gov.uk) or 013865655396



## Grants - volunteering

Our grants scheme will be open from 2 January and will close on the 23 March

2018 at noon. This years theme is Volunteering. For more info visit [www.wychavon.gov.uk/grants](http://www.wychavon.gov.uk/grants)

---

## Cook 4 Life courses

- Learn to cook healthy and tasty meals
- Save money on food bills
- Take home a meal
- All ingredients included.

A 6 week Cook 4 Life Community Cooking course will be starting on Thu 11th January 2018 in the Community Hall, Westlands. The sessions run from 9.30am – 12 noon and can be booked through [Worcestershire Libraries and Learning](#). Places are free for people meeting specific criteria and there are limited spaces, so please book early. Participants must be aged 19 or over.

---

## Stop Loan Sharks



At this time of year it can be tempting to borrow money to help with Christmas costs. Beware of borrowing money from Loan Sharks, who often appear to be your friend but start to add large amounts to a cash loan and usually provide no paperwork. If you are a victim of a Loan Shark or know someone who is, reporting Loan Sharks is confidential and can be anonymous, just call 0300 555 2222 to speak to the friendly and supportive Illegal Money Lending Team.

---

## Making Every Contact Count (was Health Chats)

The Public Health team have been reviewing the Health Chats training over the past few months and are now close to re-launching as “Making Every Contact Count” (MECC). MECC is an e-learning and face to face training programme to support frontline staff to have very brief, productive conversations about lifestyle behaviour change,



motivating clients, services users and patients to make small but impactful changes to their lifestyle habits. The e-learning details and face to face training dates will be launched shortly.

For more details contact [clare.charlton@wychavon.gov.uk](mailto:clare.charlton@wychavon.gov.uk)

---

## Keep Antibiotics Working Campaign



It is estimated that at least 5,000 deaths are caused every year in England because antibiotics no longer work for some infections and this figure is set to rise with experts predicting that in just over 30 years antibiotic resistance will kill more people than cancer and diabetes combined.

Always trust your doctor, nurse or pharmacist's advice as to when antibiotics are needed, and if they are prescribed, take antibiotics as directed and never save them for later use or share them with others. For further information on antibiotic resistance visit [NHS Antibiotics](#)

---

## Get Wychavon Active



Stand Up Paddleboarding (SUP) is the fastest growing watersport all around the world! During the summer, Alex Mellor from Bonkers Activities, received funding and support through the Get Wychavon Active initiative to introduce over 50 new participants to the sport, and has since established a regular club session at Pershore Riverside Centre.



Overall, the Get Wychavon Active has encouraged 22,000 people take up the challenge of getting more active since 2013. Due to the impact of the scheme, Sport England boosted the initiative with an £50,000 of lottery funding back in April.

Wychavon District Council has supported a variety of projects that has

encouraged residents to Bollywood their way to fitness, get off the couch and run 5km and take a shot at indoor bowls, to find out about the impact of these projects visit [www.wychavon.gov.uk/communitydevelopment](http://www.wychavon.gov.uk/communitydevelopment) to view a short film.

If you are looking for funding and have a project in mind please contact Mark Williams for an expression of interest form.

Contact [mark.williams@wychavon.gov.uk](mailto:mark.williams@wychavon.gov.uk) or 01386 565229